

Judo Lessons at St Hilda's

Dear Parent/Guardian,

My name is Omar Anaz and I am a qualified, full time Judo Coach and Head Coach at Ippon Judo. We run Judo classes at St Hilda's on Tuesday's after school and would love it if your child could attend! **Beginners are absolutely welcome and encouraged!** Fill in the form below to secure your daughter's place.

About Omar - The Coach

I've been practising Judo for 14 years, gaining my black belt 8 years ago and have also trained in Japan for a short period. I medalled in International events in my youth and have also trained, competed and medalled in other martial arts competitions including Brazilian Jujitsu (blue belt) and Amateur Mixed Martial Arts. I qualified as a Level 2 UKCC Judo coach 5 years ago and have been a professional coach for the last 3 years.

What is Judo and what are its benefits?

Judo is a Japanese martial art and Olympic sport. There is no striking (hitting) involved in Judo, therefore making it much safer than martial arts that centre around kicking and punching. Rather than striking opponents, Judo focuses on grappling (wrestling) and is therefore much more effective at subduing and restraining attackers than many other martial arts.

The combination of **strength, skill, flexibility, coordination, quick reactions, endurance and tactical thinking** that are developed by practising Judo are arguably **unrivalled** in any other sport.

The class structure

Classes involve a mixture of technique drills, coordination and body movement exercises and games designed to engage the children, whilst honing aspects of their Judo skills. *There is a grading twice per year, where new belts are awarded.*

When are the classes?

Classes will run from Tuesday 9th January - 13th March 2018

Times: Forms 1 and 2 - 3:30-4:15pm Forms 3 - 6 - 4:15-5pm

Fees are £80 and include your first Judo suit for free (replacement suits £25). If your child requires a Judo suit please note their height on the form.

If you would like your child to participate please complete and return the form below along with a cheque (**made payable to Omar Anaz**) by **Monday 8th January**. Alternatively you can pay by bank transfer (**sort- 11-64-14, 30357461**) being sure to put your child's name and "**StH**" in the notes section.

Offers

Get £20 off your next term's fees when you recommend us to a friend and their child joins.

Kind Regards

Omar Anaz

Head Coach- Ippon Judo

admin@ipponjudo.co.uk

Parental Consent Form – PLEASE COMPLETE IN CAPITAL LETTERS

Child's Name: _____ Year Group: _____

I would like my child to take part in the school judo club for the coming term.

I require a judo suit (Free for new students, £20 for replacements) and my child's height is _____cm

I enclose a cheque as requested for the total of _____ (or note other payment method- _____).

Signed: _____ Email: _____

Name: _____ Mobile: _____

Any medical conditions/allergies: _____

Any special educational requirements we should be aware of in order to best assist your

child: _____

Judo is, in general, a safe and fun sport and Ippon Judo has an excellent safety record for its classes. This being said, there are inherent risks in participating in any sport or programme of exercise. By signing your child up you agree that if they sustain or claim to sustain an injury while participating in the judo club, you (their parent or guardian) acknowledge that the coaches, the school, the training partners and anyone else who may be involved, are not responsible